

Seminar Schedule

Third Tuesday of the Month

TIME MANAGEMENT

Get the Most Out of the Time You Have

March 21, 2006

STRESS MANAGEMENT

For Resilient Living

April 18, 2006

BUILDING SELF CONFIDENCE

Feeling Good About Yourself

May 16, 2006

FINANCIAL PLANNING

Creating a Secure Future

June 20, 2006

MINDFULNESS IN THE WORKPLACE

Establishing Your Flow

July 18, 2006

RELATIONSHIPS

Getting the Relationship You Want

Aug. 15, 2006

YOUR KIDS

Problem Behaviors and Academics

Sept. 19, 2006

EATING FOR HEALTH

Holistic Nutrition for Total Body Health

Oct. 17, 2006

COPING WITH HOLIDAY BLUES

Make it a Great Season

Nov. 21, 2006

SINGLE PARENTHOOD

Issues and Strategies for the New Family

Dec. 19, 2006

Seminars Offered by the Employee Work/Life Center
SKILLS FOR RESILIENT LIVING

Seminar Time: 11:00AM

All seminars are held at Headquarters. Videos of each presentation will be loaded on the website for NOAA-wide viewing.

Phone: 301.713.9456
E-mail: laura.flynn@noaa.gov